|  |  |  |  |
| --- | --- | --- | --- |
| Activity | Your pulse rate | Avg Female | Avg male |
| rest |  | 68 | 56.6 |
| Standing at attention |  | 90.7 | 79.3 |
| Holding breath |  | 67.83 | 58.2 |
| Breathing deeply |  | 70 | 62 (Ian didn’t do) |
| exercise |  | 161.3 | 130.6 |
| After 1 min |  | 121.3 | 105.3 |
| After 2 min |  | 106.7 | 100.8 |
| After 3 min |  | 100 | 89.3 |
| After 4 min |  | 93.7 | 84.4 |
| After 5 min |  | 88.7 | 69.3 |
| After 6 min |  | 92 | 73.6 |
| After 7 min |  | 90.6 | 72.5 (Ian didn’t do) |
| After 8 min |  |  |  |